



UPCOMING EVENTS:

- Saturday practices have now come to an end. Saturday practices will begin again on September 27.
- Attendance awards will be handed out for the final time this season on July 30.
- The next parent board meeting will be held August 25th, 6:00 p.m. at Charcoal Grill on HWY 20. All welcome!

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Neil's Kickboard

Please don't forget we are hosting 13&O State at RecPlex ... not in Brown Deer. :)

No Saturday practices this weekend ... includes both Sealed Air and Lakefront practices.

What a great weekend of swimming we had during 12&U State. Congratulations to all the swimmers who attended and to our age-group coaches for their continued support and development of the future of our team. Read all about the accomplishments on page two.

This week we play host to the 13&O State meet. This is a big meet for our athletes and I'm excited to SEA everyone racing during the four day event.

The 13&O State meet is a huge undertaking and fundraiser for our team. Please be sure to sign-up via our website (SEA HOSTED MEETS / MEET WORKER SIGN-UP). Each family is required to cover two Prelim Sessions and two Final Sessions and to date there are not many positions open - GREAT JOB! Melissa Abel is serving as

Meet Director and can be reached at (262) 331-0225 for any of your last minute questions/concerns. Please remember all SEA parents involved with this event are volunteers and a handful do not even have swimmers on



Good luck to all of athletes participating in this week's 13&O State Championships. Rock those blocks!

our team anymore yet still continue to support our team with their time and talent; please be timely when you arrive to work and remember, as a YMCA swim team, we imbibe the character

traits of Caring, Honesty, Respect, and Responsibility. Oh, and don't forget your SEA Volunteer t-shirts!

OST begins Monday and is open to all current SEA members. Take advantage of this opportunity to swim your way through the remainder of summer and begin the Fall & Winter Season in better shape. Read more on page three.

Today marks the last of the season and tonight's practice at Carthage is the last practice. On behalf of the coaching staff, it has been a pleasure working with all swimmers and parents again this summer. Don't forget, September 2014 marks our 30th Anniversary!

Returning Registration will take place at Sealed Air from 6:00 p.m. to 7:30 p.m. on Monday, September 15th. Families may also sign-up on the first day of practice at Case, September 22nd from 5:30 p.m. to 8:00 p.m.

Please call or email me if you ever have any questions or concerns. 262.898.4766 and at south.eastern.aquatics@gmail.com.

13&O State Information - GOOD LUCK!

13&O State runs Thursday through Sunday this week! Besides this information, a more detailed email will be sent later today.

There are assigned lanes and times for warm-ups this week. We will be in lane 4 for all Prelim warm-up sessions.

Thursday & Saturday Prelim warm-ups, 8:00-8:30 a.m.

Friday & Sunday Prelim warm-ups, 7:30 -8:00 a.m.

Swimming in Finals by virtue of their seeds coming into the meet include the following swimmers and relays: Friday Finals = Jacob 400 IM, 13-14 Boys 400 Freestyle Relay (Bailey, William, Jason, Drew), and Senior Boys 400 Freestyle Relay (Ivar, James, Collin, Jacob); Saturday Finals = Bailey/Jacob 400 Free and

13-14 Boys 800 Free Relay (Bailey, William, Jason, Drew); Sunday Finals = 13-14 Boys 400 Medley Relay (Bailey, William, Jason, Drew) and Senior Boys 400 Medley Relay (Ivar, Charles, James, Collin).

Swimmers qualifying to swim Finals should check with Neil prior to leaving Prelims for a return time for Finals.

Drive safe, swim fast, have FUN!



We will be hosting the 13&O State Championships July 31 - August 3 at the RecPlex.

"It's amazing how much can be accomplished if no one cares who gets the credit." ~ John Wooden

13&O State Championships

We were once again awarded the privilege of hosting the 13&O State Championships this summer (the voting process took place over a year ago during one of the LSC meetings in Waukesha). In addition, we have also been awarded the 2015 summer meet as well.

The meet will take place Thursday-Sunday, July 31 - August 3 at the RecPlex facility. The Meet Worker Sign-up page on our website is live. Please take a moment and sign-up to work (each family is required to work two Prelim sessions and two Final sessions).

There's an awful lot of work that goes into hosting a meet this size and everyone plays an important role in ensuring the meet is conducted in a successful manner.

Everyone's help is needed! Please don't think you will not be missed if you don't sign-up to work ... you will be missed!

A handful of the parents serving on the parent board have already logged a number of hours in preparation for this summer's meet. Melissa Abel is the Meet Director for this event and her contact number is (262) 331-0225. Please contact her if you have any ques-

tions regarding this meet.

Everyone benefits from this meet in the form inexpensive swim fees (yes, SEA's fees are some of the most inexpensive fees in South-eastern Wisconsin).

We host six meets annually (12 days) and between those meets, \$62,500 is generated on the income side of the operating budget or roughly 45% of the budget. Hosting swim meets is a team wide fundraiser. To that end, any additional help you can volunteer will be well received. Thank you for your continued support of one of Racine's hidden gems.

Fall & Winter Registration Schedule

The first day of practice for the upcoming Fall & Winter Season will be Monday, September 22. The Fall & Winter Season will run September 22 to March 20 and represents our 30th Anniversary!

Returning Registration will be held at the Sealed Air Y on Monday, September 15th from 6:00 p.m. to 7:30 p.m. and again during the first day of practice

at Case High School on Monday, September 22 from 5:30 p.m. to 8:00 p.m.

Families comfortable with the registration process may also mail documents and payments to Missy Reischl as well (click on MEMBERS / REGISTRATION & FEES on our website for more information in regards to this).

Remember, families recommending their friends to join

SEA are credited \$25 towards their fundraising obligation.

Tryouts for the Fall & Winter Season will be held on Monday, September 15 beginning at 6:00 p.m. at Park High School and again on Monday, October 27 beginning at 6:00 p.m. at Park High School.

If you have any questions regarding registration, please call Missy Reischl at 262.989.9065.

12&U State Recap

It was an exciting experience for Team SEA this past weekend in Brown Deer during 12&U State. Congratulations to Jacob Trask who won all the backstroke events and the 50 freestyle! Our top finish on the girls side was the 400 Freestyle Relay where the quartet of Mackenzie Reischl, Maya Frodl, Bailey Chryst, and Sara Bollendorf placed 12th at 4:39.21 establishing a new team record! (They also broke the 200 Freestyle Relay team record finishing in 2:04.11.)

Jacob broke or reset four team records - 1Ba, 2Ba, 50Bf, and 1Bf and Mackenzie broke the 2Fr record.

Athletes cracking into the top ten all time for SEA included Mackenzie 4th 50Fr, 2nd 1Fr, 6th 1Ba, 5th 50Bf, Sara 4th 1Br, 5th 2Br, Austin Lentz 7th 2Fr, 4th 4Fr, and Jacob 2nd 50Fr, 2nd 50Ba.

Bailey posted 100% best times!

Dropping more than three seconds in a single event were Isabelle Buhler -

3.06 1Br, Austin -6.71 4Fr, Mackenzie -3.55 2Fr, and Jacob -8.22 2Ba.

A special thank you to the relay only swimmers and their families - Hugo Arteaga, Riley Palermo, Neil Wright III, CJ Trask, Chris and Alex Pudzisz, and Josh and Joey Abel. These young boys were part of six relays and of those six relays four scored points! Let's hope their experiences become a stepping stone to greater things.

Great job swimmers!



We finished 8th with 156 points in Division 2 for 12&U State. Great job!

OST (off season training) Scheduled



When pool time is available, we like to offer OST (off season training) between seasons.

At the end of this season, OST will

Not every swimmer wants to take a break between seasons. OST is the perfect solution.

Green, Blue, Senior 1, and Senior 2 will train from 7:30 a.m. to 9:15 a.m.

The cost is \$50 for Pups, Lions, and Dragons.

The cost is \$80 for Green, Blue, Senior 1, and Senior 2.

be offered three days a week in the mornings at Meadowbrook Country Club.

Pups, Lions, and Dragons will train from 8:15 a.m. to 9:15 a.m.

Practices will be offered Monday, Wednesday, and Thursday and run August 4-August 28.

Families who want their swimmers entered in OST should email Neil and forward payment prior to August 4 (cash or check made payable to SEA). Take advantage!

Signed up to date include: Riley Schmidt, Nick Galis, Tiffany Steffes, Jack Esson, Maya Frodl, Mariska Thoenes, Hannah Kehl, the Alemy children, Rachel Christensen, the Pudzisz swimmers, Isabelle Buhler, Jacob MacKenzie and Bailey Chryst.

The long term development of our student-athletes is key to building winners. Winning can happen daily in practice and at meets. You just need to take notice of the different ways to win.

Who Won Anyway? ... by Neil Wright

Because swimming offers many diverse ways to "win," it is one of the best sports to participate in.

When looking for winners on our team, it's not just the athletes who win their events (don't get me wrong, we want to produce as many winners as we can, but we also want our athletes to understand that winning events is the outcome of focusing our attentions on the processes of swimming fast).

Some swimmers, parents, and coaches

believe the only way to win is to finish first in a race or meet. Although this is one way to win, there are many others.

For example: achieving a best times, improving turn times, having a faster start, finishing a race harder than before, breathing less during the 50 Freestyle, remember to breathe during distance events, improving the timing of the underwater breaststroke pullout, remembering to kick after pushing off the wall during butterfly, backstroke

and freestyle, successfully competing a difficult set during practice, congratulating an opponent after a race and cheering for teammates and friends are some, but certainly not all of the other ways to win.

A swimmer (and parents/coaches too) should keep this in mind when he or she swims a race, for it is this swimmer, who keeps winning in perspective, who will be the true champion - both in and out of the pool.

SEA "Goals" T-shirts available ... \$10

One of the coolest t-shirts ever designed for SEA is now available for only \$10 per shirt. Email Neil if you would like to purchase any of them (cash or check made payable to SEA). Be advise, there are a limited number of sizes and colors. All shirts are unisex

unless specified and are 100% preshrunk cotton.

Unisex sizes and colors:

Medium - one black, two gray, four royal

Large - one black

XL - one gray, two red, three black

These shirts will be gobbled up fast so don't wait to send an email.

The design on the back is located to the right. The design on the front includes the team logo with est. 1984 under it.



Become an Official ... it's easy



One of the strengths of our team is the strong pool of officials we have. Please think about becoming an official.

It's that time of year again ... time to solicit parents to take that step to become officials.

We had an outstanding response last year and certified six new officials during our current Fall & Winter Season. Thanks to those who went through the process!

At this point, we are just taking names of interested parents who would be willing to take the first officials class - Stroke & Turn Officials Clinic.

Parents who desire to become a

USA Swimming Official will pay for their class and Background Check and once they have gone through their apprenticeship, SEA and/or the WI LSC reimburses all expenses incurred during the process.

Moving forward, parents who continue to maintain their USA Swimming Membership as an Official and support our hosted meets as officials, SEA will continue to cover their membership fees.

Once we have 5-6 parents listed in this section, we'll schedule a

clinic.

To date, Jose and Anna Arteaga and Heather Hoferitza-Palermo have expressed interest.

It looks like the Lake Geneva YMCA will be hosting an officials clinic in September. I hope a handful of SEA moms and dads can attend!

Parents interested in becoming an Official, please contact Neil at 262.898.4766 or via email south.eastern.aquatics@gmail.com. Thanks!

"Great minds discuss ideas.

Average minds

discuss events.

Small minds

discuss people." -

Eleanor Roosevelt

SCRIP - The Easiest Way to Fundraise

Currently there are no upcoming order deadlines for SCRIP.

Deadline to order is 8 AM. All deliveries will be in the balcony from 5:30 p.m to 6:00 p.m. Individual arrangements can also be made.

Your order can be placed at www.shopwithscrip.com by using the SEA enrollment code of 173DF3A917711 and registering for PrestoPay a minimum

of two days before placing your first order. DO NOT place your first order until the PrestoPay registration process is complete. PrestoPay is safe, simple and the only payment method accepted by SEA. Happy Shopping!

SCRIP Quick Facts

- 1) www.shopwithscrip.com
- 2) SEA enrollment code = 173DF3A917711

3) Payment method = PrestoPay

4) Deliveries are scheduled 1-2 times per month during practice. Other options include ScripNow (print at home) and Re-load

Questions? Please contact Brenda Rose at brose7@wi.rr.com or Kim Wergin at kimwergin@aol.com. Thanks!

Aging up, it happens to everyone.



July & August Birthdays

- Hugo A.
- Natalia B.
- Collin F.
- Ivar I.
- Austin K.
- Austin L.

- Emilie M.
- Abby P.
- Dominic R.
- Elizabeth S.
- William B.
- Erin C.

- Jacob M.
- Madilynn P.
- Jack S.
- Emelia S.



**South Eastern Aquatics
The Racine Family YMCA Swim Team**

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**Parent Motto:
Love, Support, Transport.**

SEA's Mission:

To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming.

SEA's Vision:

As a swim team without a true home, it's SEA's vision to one day build a pool to call home.

Established in 1984, we are set to celebrate our 30th anniversary this year!

On the Starting Blocks

July 2014

31-3, 13&O State (SEA hosted)

August 2014

1-3, 14&U Central Zones
4-26, OST (off-season training)
25, parent board meeting

September 2014

2-18, OST
15, Returning Registration at Sealed Air, 6:00-7:30 p.m.
15, Tryouts for the Fall/Winter Season
22, First day of practice
22, Returning Registration at Case, 5:30-8:00 p.m.
29, New Family Registration at Case, beginning at 6:00 p.m.

October 2014

16, Sprint Time Trials, no practice
23, PLD Time Trial

27, Tryouts for the Fall/Winter Season

November 2014

2, 5th Annual Fall Starter (SEA hosted)
3, New Family Registration at Case, beginning at 6:00 p.m.
13, PLD Time Trial

December 2014

11, PLD Time Trial

18, Middle Distance Time Trials, no practice

January 2015

10-11, 9th Annual Oddball Challenge (SEA hosted)

February 2015

1, 7th Annual Groundhog Grand Prix (SEA hosted)
20-22, Regional Championships

27-1, 12&U State

March 2015

5-8, 13&O State
14-15, YMCA Sectionals
20-22, YMCA State
31-3, YMCA Nationals



**Take a look at the months ahead
and stay up-to-date.**